

WESTPORT CENTER FOR SENIOR ACTIVITIES



UPCOMING PROGRAMS

November 1 – 30, 2021



Registration for Winter Classes Begins Mon. Dec. 6 for Westport Residents.

Registration for Winter classes (Jan.-Feb.-Mar.) begins Monday, December 6 for Westport residents. Out of town registration begins Monday, December 13. The Winter calendar will be available on our [website](http://www.westportct.gov/seniorcenter) (www.westportct.gov/seniorcenter) in mid-November. Registration is available online at MyActiveCenter.com, by phone (203-341-5099) Monday to Friday from 8:30 AM to 4:30 PM, or by mailing in your registration form with a check made out to the WCSA, 21 Imperial Avenue, Westport, CT 06880. The WCSA also has a locked drop box to the right of the front door where you can drop off your registration and check. Please note: A \$10.00 late fee will be added for anyone registering after Dec. 29 for any class that runs more than 6 weeks in length. A 2022

Fitness Waiver is required for any exercise class and can be found on our [website](http://www.westportct.gov/seniorcenter). Scholarships for Westport residents are available by contacting WCSA Director, Susan Pfister at 203-341-5098. All scholarship requests will be kept confidential. **If you have any questions regarding registration, please feel free to call the WCSA at 203-341-5099.**

Please note:

The WCSA will be closed on Thursday, November 11 in observance of Veteran's Day and Thursday, November 25 and Friday, November 26 for Thanksgiving.



Oct. 15 – Dec. 7: Medicare Part D Open Enrollment

Open enrollment for Medicare Part D is Friday, Oct. 15 to Tuesday, Dec. 7. CHOICES certified counselors will be available to assist and help you review your current coverage and to see if you are in the plan that best fits your needs in 2022. Please have your Medicare Card, your Medicare.gov account ID and password, your current Part D plan card and a list of all current prescriptions, including quantity and dosage information. For more information visit the Medicare.gov website at <https://www.medicare.gov/sign-up-change-plans/joining-a-health-or-drug-plan>. To schedule an appointment with one of our CHOICES certified counselors, please call the WCSA at 203-341-5099.



Sue's Café Soon to Open for Lunch Five Days a Week!

Beginning Monday, November 1, the Café will be serving lunch Monday through Friday. Please make lunch reservations 24 hours in advance by registering online at MyActiveCenter.com or call the WCSA at 203-341-5099. **Lunch is served at Noon.** Lunch includes soup, salad, entrée, beverage and dessert. The café offers an alternate entrée of either a chef salad or cheese omelet daily. Alternate entrees must be ordered at the time of your reservation. Suggested donation is \$5.00- \$7.00 for seniors, age 60+. Caregivers and guests under age 60 are required to pay the full cost of the meal which is \$10. The lunch program is sponsored by Catholic Charities of Fairfield County, Inc. and by the Southwestern Connecticut Agency on Aging.



Tues., Nov. 2 – Nov. 30: Finding the Right Words & Writing About Difficult Topics

For writers of difficult topics, this might be an emotional landmine, but perhaps it's also the hidden heart of your piece waiting to be revealed. How do we write about difficult subjects? How do you write about illnesses within our bodies, that no one else can feel? How

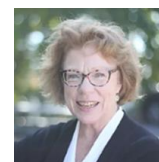
do we give voice to the forces which threaten our bodies? How do we find language to make someone feel what only we feel? Dustin Lowman will teach you the tools you need to write about difficult subjects. Instructor: Dustin Lowman. Pre-register online at MyActiveCenter.com.

Time: 1:30 to 3:00 PM. Class limit: 12. Cost: \$16.00. (Please note: No class November 23)

Wed., Nov. 3 and 17: SWCAA Caregiver Support

The Southwestern CT Agency on Aging (SWCAA) is co-sponsoring a caregiver support group.

Terry Giegengack, M.A. will lead the group twice a month on Zoom. Terry's professional experiences include casework and administrative positions, both in Westport and Fairfield's Departments of Human Services. Program meets the first and third Wednesday of the month. **To register, please contact Holly Betts, Program Manager at 203-341-5096 or via email: hbetts@westportct.gov. Time: 10:00 to 11:00 AM.** Donations accepted.



Wed., Nov. 3: Letting Go of Stress with Deirdre Ekholdt, LCSW

Stress and tension take a toll on the body and mind, but you can learn to let go and relax. In this class you will be guided through proven stress techniques including mindfulness, breathing and guided imagery to experience a state of deep relaxation. Pre-register online at MyActiveCenter.com.

Time: 1:30 to 2:30 PM.



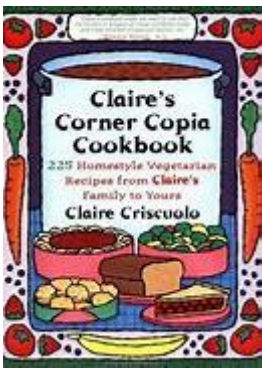
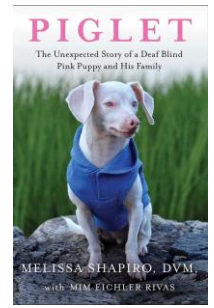
Wednesday Documentaries are Back In-House!

Every **Wednesday at 2:30 PM** the WCSA will be showing documentaries on our big screen. A list of titles can be found on the flyer rack at the WCSA or in our weekly Constant Contact email.

Thurs., Nov. 4: Book Talk with Melissa Shapiro, DVM

Piglet the Story of the Deaf, Blind Puppy

Come meet Piglet, the deaf, blind, pink puppy and his veterinarian mom, Melissa Shapiro. She is the author of the recently released book, *"PIGLET, The Unexpected Story of a Deaf Blind Pink Puppy and His Family."* Piglet is a tiny deaf blind dog who lives a life of positivity. He is a pure example of a growth mindset, which in Piglet's world is called a "Piglet Mindset." Through his social media pages and his "Piglet Mindset" educational outreach program, he inspires children and adults around the world to face their own challenges with a positive attitude. The book is a memoir that is appropriate for adults and teens. It is an authentic feel-good story about resilience, compassion, and kindness. After a short presentation, Piglet will give a tap signal demonstration, followed by questions and answers. Pre-register online at MyActiveCenter.com. Time: 10:30 to 11:30 AM.



Thurs., Nov. 4: Food Demo for National Diabetes Month

Low Sugar Baking!

Join Nutrition Coordinator, Paulina Przybysz as she demonstrates baking a sugar-free blueberry cake. This cake is sweetened with apple and orange juices, along with blueberries. This recipe comes to us from the Claire's Corner Copia Vegetarian Restaurant in New Haven, Connecticut. Paulina will also discuss tips for diabetic diets. Paulina Przybysz joined the WCSA in August as our Nutrition Coordinator. She is a graduate of the UCONN Nutritional Sciences program.

Pre-register online at MyActiveCenter.com. Time: 2:30 to 4:00 PM.

Thurs., Nov. 4 & 18: Just for Women

This group will be an open forum for discussion **via Zoom** with Channe Fodeman, LCSW. Personal stories will remain strictly confidential. Channe specializes in clinical social work in Fairfield County and has over 46 years of experience in the field. **This program meets the first and third Thursday of the month from 3:30 to 4:15 PM.**

Pre-register online at MyActiveCenter.com. Class limit: 15.

Thursday BINGO!

Join volunteer Doug Brill for in-house BINGO **every Thursday from 1:15 to 2:00 PM**. Cost is \$.05 cents per card, per game. Up to four cards per game may be played at one time. Remember to bring your own nickels! Pre-register online at MyActiveCenter.com.



Friday Tech Club

Confused about your tech device? Our team of tech volunteers will assist with your computer tech questions such as signing in, password re-set and downloading and uploading files. Volunteers are available for **half-hour appointments every Friday from 3:15 to 4:15 PM**. Please call the WCSA at 203-341-5099 to schedule an appointment.





Fri., Nov. 5: The Y's Men of Westport and the WCSA Announce Their Annual Photographic Winners!

The Y's Men camera club will announce the winning photographs of their 18th annual photographic competition. This competition was open to Y's Men members, their spouses and WCSA participants. Photos are original works by the entrant and will be on display throughout the year in the corridors of the WCSA. Professional photographer entries are displayed but not judged. Come to the WCSA to see the new photographs and congratulate the winners! **Pre-register online at MyActiveCenter.com. Time: 4:00 PM.**

Nov. 8 – Nov. 13: CELEBRATE BEETHOVEN WEEK!

Saturday, November 13, The Greater Bridgeport Symphony (GBS) will be performing at the Klein Auditorium in Bridgeport at 8:00 PM. The concert is anchored by the most iconic symphony ever – **Beethoven's Fifth, the "Symphony of Fate"** – and combines with the new sounds of Starburst by Jessie Montgomery and Prokofiev's exotic Violin Concerto No. 1 – with soloist Deborah Wong. For more information on the concert please visit: <https://www.gbs.org/>. The WCSA will pay tribute to the genius of Beethoven with three programs:



Mon., Nov. 8: A History of Food in Recipes – Kaiserschmarrn: Ludwig Van Beethoven was born in Bonn, Germany but called Vienna home for 35 years. Holly Betts, RD. will demonstrate this traditional Austrian dessert that dates to Kaiser Franz Joseph, 1st. Kaiserschmarrn is a caramelized, shredded pancake made with rum soaked raisins, spelt and buckwheat flours, eggs, sugar and milk. It is often served with a fruit sauce. **Pre-register online at MyActiveCenter.com. Time: 2:30 to 3:30 PM.**

Wed., Nov. 10: Documentary: "What Would the World Be Like Without Beethoven?" That's the provocative question posed by this music documentary from Deutsche Welle. To answer it, the film explores how Ludwig van Beethoven's innovations continue to have an impact far beyond the boundaries of classical music, 250 years after his birth. (90 min.) **Pre-register online at MyActiveCenter.com. Time: 2:30 to 3:30 PM.**

Fri., Nov. 12: Friday with Friends of the WCSA: Music Lecture on Beethoven's 5th Symphony: Join Barbara Reis for a discussion on Beethoven's most well-known symphony. It is said that this symphony contains the most well-known four notes in the history of music. Barbara earned degrees in music from Columbia, New York University, and the University of Michigan. She was a Tanglewood Scholar, taught at Housatonic College, the Stuyvesant Adult Education Center, the Education Center, Longboat Key Elder Hostels, and participated in the Berkshire Music Festival. **Pre-register online at MyActiveCenter.com. Time: 2:30 to 3:30 PM.**

Tues., Nov. 9 & 30: Ask the Nurse and Blood Pressure Screening

A registered nurse from Visiting Nurse & Hospice of Fairfield County will be on hand from 9:30 to 11:00 AM for free blood pressure screenings, depression screenings, medication management and any other questions you may have. **Time: 9:30 to 11:30 AM.** Please call the WCSA at 203-341-5099 to make an appointment.

Tues., Nov. 9: Nutrition Information Booth – Diabetes Awareness Month

November is Diabetes Awareness Month. Our Nutrition Coordinator, Paulina Przybysz will be in the lobby with information on diabetes and nutrition. For more information about Diabetes, please visit: <https://www.diabetes.org/community/american-diabetes-month>.

Brochures and literature will be distributed.

Pre-register online at [MyActiveCenter.com](https://www.MyActiveCenter.com). Time: 10:15 AM to Noon.



Hearing test

Wed., Nov. 10: Hearing Screenings with Lisa Ogilvy

AA Hearing Aid Center will be here to provide free hearing screenings and hearing aid care once a month at the WCSA. Lisa Ogilvy is a licensed hearing instrument specialist. **Appointments are from 9:00 AM to Noon.** To make an appointment for any of these services, please call the WCSA at

203-341-5099.

Wed., Nov. 10: Veteran's Day Celebration

The WCSA will be honoring our Veterans on **Wednesday, November 10 at 12:00 PM.** The café will be serving a special lunch of Potato Leek Soup, Stuffed Loin of Pork with Apricot Relish, Roasted Potatoes, Braised Red Cabbage and Apples. During lunch, a representative from the Veteran's Administration will be in the lobby to answer questions about veteran's benefits. Come enjoy lunch and listen to some patriotic music! **Pre-register online at [MyActiveCenter.com](https://www.MyActiveCenter.com).**



Wed., Nov. 10: "Shelf Awareness" Book Club



This month, the Shelf Awareness Book Club will discuss "**Virgil Wander**" by Leif Enger. This is the first novel in ten years for Leif Enger. The novel follows the inhabitants of a mid-western town to revive its flagging heart. The author conjures up a remarkable portrait of a region and its residents, who, for reasons of choice or circumstance, never made it out of their defunct industrial district. Participants are required to get their own book. Books and Kindle versions are available at local libraries, as well as, online or at local bookstores.

Pre-register online at [MyActiveCenter.com](https://www.MyActiveCenter.com). Time: 2:00 PM to 3:00 PM. Class limit: 12.



Mon., Nov. 15: Shakespeare Discussion Group Series

William Shakespeare is arguably the most famous crafter of words in the English language. Join us as we engage in a lively discussion of his best-known plays: *Much Ado About Nothing* and *Macbeth*. Shakespeare Scholar (and Westport's Poet Laureate) Diane Lowman will lead the group in a spirited group exploration. Participants are asked to bring a copy of the play with them to class. *Please note: This is not a lecture series; participants should have at least some familiarity with each play.*

Pre-register online at MyActiveCenter.com.

Dates: Nov. 15, Dec. 13. Time: 10:30 AM to Noon. Cost: \$8.00. Class limit: 12.

Tues., Nov. 16: Holiday Gifts from The Kitchen

Holly Betts, RD, MPS will be demonstrating and discussing easy gifts from the kitchen including maple granola, scone baking mix, sugared nuts and even dog treats! Come and get an early start on your holiday gift planning.

Pre-register online at MyActiveCenter.com. Time: 2:30 to 3:30 PM.



Wed. Nov 17: Decorative Arts Lecture with Christine Hauck

Vera Textiles Add Vibrant Color to Everyday Life: Vera Neumann, simply known as "Vera" is an iconic fashion brand. The ladybug graphic is her signature motif. Her timeless textiles grace vibrant scarves, blouses, dresses, sleepwear, kitchen textiles, bed linens and dishes and are collected the world over. They are as fashionable today as they were in the 1960s and 1970s when "Vera" was at the height of her career. In this lecture, we will highlight "Vera's" many sources of inspiration (tied to her travels around the globe) and trace her creative process for her most iconic designs. Pre-register online at MyActiveCenter.com.



Time: 10:30 to 11:30 AM.



Mon., Nov. 22: Make Your Own Thanksgiving Flower Arrangement

Florist Patty Angione will be here to help you make your own floral arrangement for Thanksgiving. Patty started working with flowers when she was 16 years old, sweeping the floor at a local flower shop and observing. When given the opportunity at the height of a holiday, she picked up a pair of scissors and began designing. Her work was so impressive that she immediately gained recognition and began working on a regular basis for family and friends. After landing a huge job for a well-known investment firm in New York, her business took off and the rest was history. Over her career, Patty has provided floral decor for over 200 weddings, homes, and corporate functions. In her downtime, she enjoys gardening and works as a private gardener for the Gardening Gals in Wilton, CT. **Supplies:** A container no larger than 6"-8" inches in diameter with no hole and any flowers or decorations you want to put in and a pair of pruning shears. Patty will supply the Oasis and greens. Pre-register online at MyActiveCenter.com.

Time: 10:30 to 11:30 AM. Cost: \$15.00.

Wed., Nov. 24: WCSA Thanksgiving Luncheon*



The WCSA is happy to host its annual Thanksgiving Luncheon on Wednesday, November 24. The menu includes: Corn Chowder, Roast Turkey w/Cranberry Sauce, Stuffing, Sweet Potatoes, Vegetable Casserole and Pumpkin Pie. Space is limited. Please pre-register no later than Friday, November 19! Pre-register online at MyActiveCenter.com or call the WCSA at 203-341-5099. First Seating: 11:30 am to 12:30 pm. Second Seating 1:00 to 2:00 pm. Please select the time you desire when registering. Each time slot will be capped out at 40 persons. Suggested donation of \$5.00 – \$7.00.

*The lunch program is sponsored by Catholic Charities of Fairfield County, Inc. and by the Southwestern Connecticut Agency on Aging.

WCSA Phone Directory

- Main Number & Afterhours Voicemail 203-341-5099
- Susan Pfister, MSW, Director 203-341-5098
- Holly Betts, RD, Program Manager 203-341-5096
- Jason Wilson, Assistant Program Manager 203-341-1066
- Paulina Przybysz, Nutrition Program and Hello Neighbor Coordinator 203-341-5097
- Denise Puskas, Administrative Assistant 203-341-5095
- Felicia Smith, Administrative Assistant 203-341-5099